

Vaccination program has all but eliminated measles in NC

In 1928 over 60,000 cases of measles were reported in North Carolina. So far this year (1982) no cases have been reported — a good indication that yet another highly dangerous communicable disease has fallen to an effective vaccine and mass immunization of susceptible groups.

Before measles vaccine became available in 1963, more than 400,000 cases were reported each year in the United States, according to a recent report to the Public Health Service by an advisory committee on immunization practices.

Since 1963, with the help of physicians and public health officials and a sweeping vaccination program, reported cases of measles have dropped by 99 percent.

The report states that the program to do away with measles in the United State by the fall of 1982 is proceeding satisfactorily.

Measles (rubeola or red measles) is often a severe disease, many times

complicated by middle ear infection, pneumonia or encephalitis (brain inflammation).

The report noted that in one out of every 3,000 reported cases of measles, the victim often ends up with permanent brain damage and mental retardation.

Death, due mostly from respiratory and neurologic causes, occurs in one out of 3,000 reported cases. The risk is far greater for infants and adults than for children and adolescents.

The report warned that live virus measles vaccine should not be given to women known to be pregnant because of possible increased fetal risk.

The reason given for exercising this precaution is that it is a live virus vaccine and the measles disease has been shown to cause spontaneous abortion, premature labor and low birth-weight infants.

The report advanced the notion,

however, that considering the importance of protecting adolescents and young adults against measles with its known serious risks, asking women if they are pregnant and excluding those who are, and explaining the theoretical risks to others, are recommended precautions in a measles immunization program.

The Committee on Immunization Practices said measles vaccine is indicated for persons susceptible to measles regardless of age, unless it is withheld for the reasons previously stated.

Current evidence indicates that for maximum protection, measles vaccine should preferably be given when children are about 15 months of age due to the fact that they may be exposed to measles in day-care centers or other places where children gather.

Children vaccinated with live virus vaccine before their first birthday

should be identified and revaccinated.

Other susceptible persons include those who received the original dead virus type vaccine, as well as those who never were vaccinated or had measles.

A recent news report indicated that inaccurate immunity records con-

tributed to a rather severe outbreak of measles in one state in the northeast, according to the Centers for Disease Control in Atlanta.

The outbreak lasted over eight weeks. But if the Immunization Prevention Committee is correct in its projection that measles should be

essentially wiped out by the fall of this year, about the only evidence of the disease in the future should be those cases that come in from other countries.

(A service of the N.C. Academy of Family Physicians)

Lighter clothing is a key to comfort

Want to keep cooler this summer without expending all your money on air conditioning? Then learn to dress comfortably, says Judy Mock, extension clothing specialist.

The key to comfort, Mock says, is to wear fewer clothes, fewer layers of clothes and wearing lightweight, open weave garments with large neck, arm and leg openings.

For women, skirts and dresses will be more comfortable than pants, and nylon hose should be omitted.

Men should try to omit tee shirts and wear short-sleeved shirts with unlined, lightweight jackets.

Sandals and open shoes will help

heat to escape and perspiration to evaporate. And, the specialist warns, wear protective headgear when exposed to sunlight.

Proctor chosen for band tour

Dwayne Proctor, captain of the drumline in the Perquimans County High School Marching Band, was chosen from 55 drummers in a band camp to participate in a six weeks

tour throughout the United States with a band from Albany, N.Y.

Proctor is the son of Joe W. Proctor and Patricia Ward and the grandson of Mr. and Mrs. J.R. Proctor.

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